



## 2019 USATF San Diego-Imperial/Road Runner Sports Dirt Dogs Cross Country Series

<u>Date</u>	<u>Event/Time</u>	<u>Location / Contact</u>
Sat. Aug 17:	<b>14<sup>th</sup> Annual Wild Duck 5K</b> (Masters) 7:45am; (Open) 8:30am	Guajome Park Joe Crosswhite: (760) 723-3257 <a href="mailto:joecrosswhite983@roadrunner.com">joecrosswhite983@roadrunner.com</a>
Sat. Aug 31:	<b>55<sup>th</sup> Annual Balboa 4-Miler</b> (Masters) 7:30am; (Open) 8:20am	Balboa Park Paul Baumhoefner: (619) 200-4792 <a href="mailto:paulbaumhoefner@gmail.com">paulbaumhoefner@gmail.com</a>
Sat. Sept 7:	<b>16<sup>th</sup> Annual Bake At The Lake 5 Miler</b> (Open and Masters) 7:30am	Lake Hodges Joe Crosswhite: (760) 723-3257 <a href="mailto:joecrosswhite983@roadrunner.com">joecrosswhite983@roadrunner.com</a>
Sat. Sept 28:	<b>5<sup>th</sup> Annual Crazy 8's 5K</b> (Masters) 7:15am; (Open) 8:00am	Rancho Bernardo Park Joe Crosswhite: (760) 760-723-3257 <a href="mailto:joecrosswhite983@roadrunner.com">joecrosswhite983@roadrunner.com</a>
Sat. Oct 12:	<b>54<sup>th</sup> Ursula Rains Balboa Boogie 5K</b> USATF Masters 5K Cross Country Championships Conjunction with Ursula Rains Balboa Boogie 5K For this event only Masters Athletes (40+) <b>MUST</b> register at <a href="http://www.usatf.org">www.usatf.org</a> (Open) 7:30am (Masters Women) 8:15am; (Masters Men) 9:00am	Tecolote Shores, Mission Bay Nancy Morris: (619) 743-3144 <a href="mailto:nbmorris1201@gmail.com">nbmoris1201@gmail.com</a>
Sat. Oct 26:	<b>18<sup>th</sup> Annual Cuyamaca College 6K</b> (Open and Masters) 8:00am	Lindo Lake Park Patrick Thiss: (619) 660-4518 <a href="mailto:patrick.thiss@gcccd.edu">patrick.thiss@gcccd.edu</a>
Sun Nov 10:	<b>19<sup>th</sup> USATF Cross Country Championship 6K/8K</b> (Women's 6K) 8:00am; (Men's 8K) 9:00am	Tecolote Shores, Mission Bay Ian Cumming: (619) 370-9866 <a href="mailto:icumming@sdccd.edu">icumming@sdccd.edu</a>

### **Other Opportunities to Compete In Cross Country:**

USATF National Club Cross Country Championships  
Saturday, December 7<sup>th</sup> at Bethlehem, PA